



# Breast Cancer Awareness Month 2017



October is national breast cancer awareness month

## The Facts

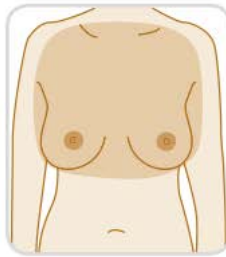
Around 55,000 new cases of breast cancer are diagnosed each year, but survival rates *are* improving, probably due to more targeted treatments, earlier detection and better breast awareness. This figure is equivalent to one new diagnosis every 10 minutes.

Early detection and treatment improves the chances of a successful outcome. It is vitally important to check your breasts regularly and to know what is normal for you, allowing any changes to be detected. Not all breast cancers show as a lump and not all lumps are cancerous, which is why it's important to look for the changes on the information sheet below.

## Do you know how to check your breasts?

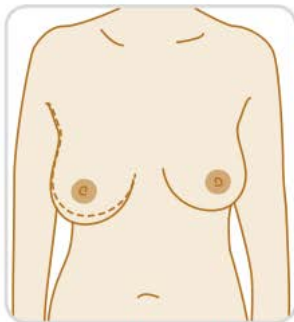
Below is an illustrated information sheet which shows what to keep an eye out for in terms of changes to the breast.

# How do I check my breasts?

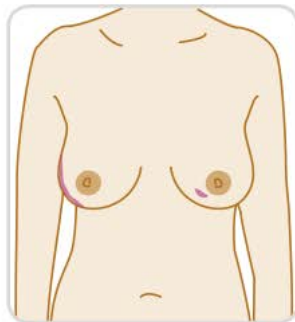


Check all parts of your breasts, your armpits and up to your collarbone for **changes**.

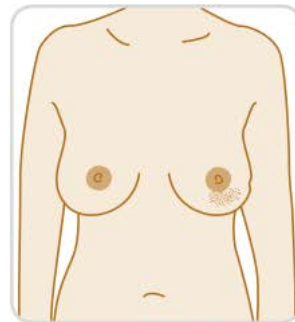
# breast cancer care



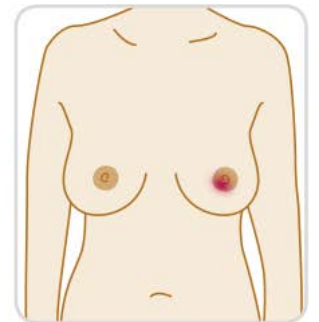
A change in **size** or **shape**



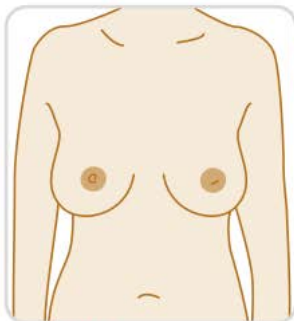
A **lump** or **area** that feels thicker than the rest of the breast



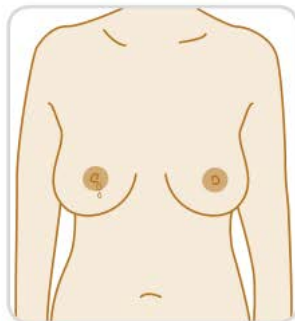
A change in **skin texture** such as puckering or dimpling (like the skin of an orange)



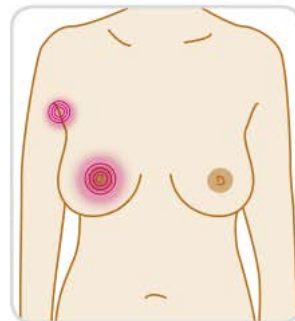
**Redness** or a **rash** on the skin and/or around the nipple



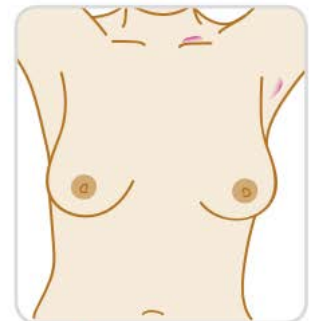
Your **nipple** has become pulled in or looks different, for example a change in its position or shape



**Liquid** that comes from the nipple without squeezing



**Pain** in your breast or your armpit that's there all or almost all of the time



A **swelling** in your armpit or around your collarbone

## What to do next

If you notice a change, please request to see your GP straight away. Don't worry about making a fuss, and do remember that most breast changes will not be cancer, but it is always best to seek the advice of a medical professional.